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RZA TALKS “BRICK MANSIONS” AND WU-TANG. PAGE 10

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Obama: NBA owner’s rant was racist

PAGE 08

Find ‘Heaven’ with Nuclear So and So’s

PAGE 11

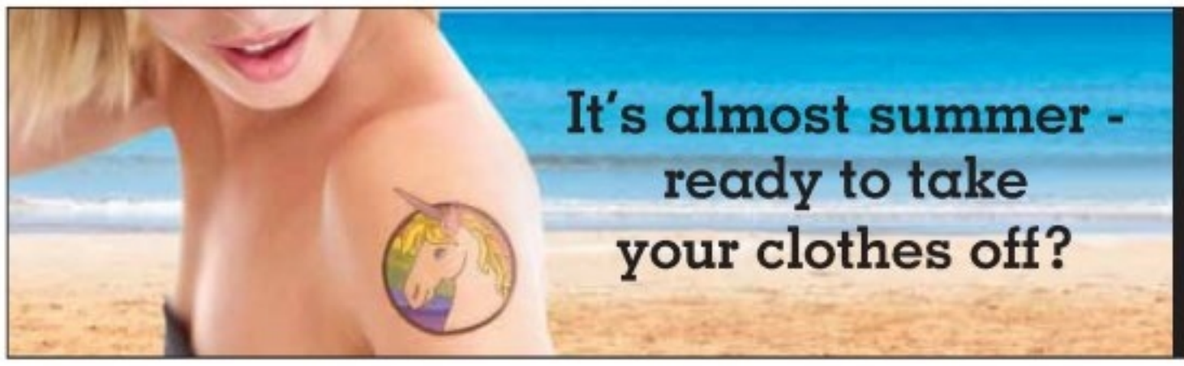
Could Clooney be ready to settle down?

PAGE 09

IT’S KOH TIME, BOSTON

Top townie. As chief of staff to Boston Mayor Marty Walsh, Daniel Koh is one of the Hub’s most powerful 29-year-olds. **Informative intro.** Learn everything you need to know about the former HuffPost Live GM and Forbes’ “30 Under 30” designee in his Q-and-A session with Metro. PAGE 02

Koh said leaving New York City to return to Boston was an easy decision. / NICOLAUS CZARNECKI, METRO



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Top 3

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1 'Netflix is now also a cable channel'

2 'NASCAR driver Marcos Ambrose punches Casey Mears after race'

3 'VIDEO: Unsuspecting New Yorkers ignore relatives disguised as city's homeless'

See more at www.metro.us

NICOLAUS CZARNECKI / METRO

DANIEL KOH

Bold Bostonians: As part of Metro's new Q-and-A series featuring interesting people in Boston, we sat down with Daniel Koh, Mayor Marty Walsh's 29-year-old chief of staff, just a few months after starting at his new gig at city hall.

'BOSTON IS THE PLACE TO BE'

Metro sat down with Mayor Marty Walsh's 29-year-old Chief of Staff Daniel Arrigg Koh. The fresh-faced Andover native is tackling his new title with the same tenacity he brought to the table as HuffPost Live's general manager, and he has big ideas for Boston's future.

What's it been like for you to return to Boston after leaving HuffPost Live in New York?
It's been phenomenal. I really think that Boston is the place to be. The city has such an exciting energy now. There is such an opportunity for growth from a business perspective, from a cultural perspective and from a nightlife perspective. This is where so many young people go to school and this is an opportunity for us to make Boston that much more of an attractive place for them to stay after they graduate. For me, I saw going from New York back to Boston as an upgrade, and I love it. I'm so thrilled to be back, and to help make a difference.

How did you feel being named to the '30 Under 30' list by Forbes Magazine?
That was a tremendous honor. I was taken aback. I didn't really know it was coming. Arianna [Huffington] was on the selection committee. [Laughs] I don't know if that helped me at all. It certainly didn't hurt. The Forbes [announcement] happened the day of [Walsh's] inauguration. So that was kind of a crazy day for me, but it was a good day.

Will having somebody your age working behind the scenes help propel the administration toward building a more youth-oriented city?
I think so, certainly. I'm not too far away from college. I went to school in Cambridge. Obviously having an opportunity to get a job in Boston is probably the number one reason someone is able to stay. So we need to do a lot of work with the universities and high schools to make sure there are a lot of great jobs here. Having said that, there are also a lot of things we can do to make Boston a lot more fun.

What is a typical day for you and Mayor Walsh?
We have a standing 7:30 a.m. phone call. I usually wake up around 6 a.m., go work out for a little bit, read the newspapers and go through my emails. I make sure that, by the time I'm talking to Mayor Walsh, I've read up on the day. I usually put together a list of things I need to talk to him about. We talk through that, then he goes on his rounds. I check in with him, I'd say, three or four times during the day.

What is the dynamic like between you two?
He's a really fun guy to work for. He really does joke around and keeps it light, but he's serious when he needs to be serious. ... We've figured out each other's sense of humor. He makes me feel like a valued person to him, and really listens to the advice I give him, which is always a nice thing.

Would you ever consider a run for office?
[Laughs] That's always the question, right? I love public service. I love giving back. There is nothing like the public sector. ... I've seen firsthand how politicians have been able to do good, and I know I'm definitely drawn by that. Having said that, I don't know what I'd do in that role. Certainly I've had great mentors who have proven to me that if I decided to pursue that field it would be a noble endeavor. But that's far away right now. ... I have a lot to prove before I get to that point.

What's your guilty pleasure for food in Boston?
The Tip Tap Room. I went there for first time recently and had a burger. I'm training for a marathon, so I shouldn't have a burger, but I destroyed that.

Why do you use your middle name?
[Arrigg] is my mother's maiden name. It's Lebanese. It's a way to honor my mom, and it's really important to me. She was just as much of a factor in raising me as my dad. My brother and sister both have Arrigg as their middle name as well.

Growing up, what influences shaped the person you are?
I was raised by five or six very strong women, and it was an invaluable experience for me. My grandmother and her three sisters lived together in a house about 10 minutes from mine. Just to say they're great aunts doesn't do justice to the influence they had on my life. I feel very, very grateful that all of my mom's family is in the Andover area where I grew up. I was just fortunate to have many mentors who I learned a lot from, and they just happen to be my family.

MORGAN ROUSSEAU
@MetroMorgan
morgan.rousseau@metro.us

The lowdown on Koh

- He's 29.
- He grew up in Andover, now lives in the West End and often rides the T.
- He just ran the Boston Marathon.
- He previously served as chief of staff to Arianna Huffington and general manager to HuffPost Live.
- Before his media career, he served as advisor to former Boston Mayor Thomas Menino.
- He earned a B.A. in Government from Harvard College and an MBA from Harvard Business School.
- In college, he worked as an intern for then-Sen. Edward M. Kennedy.

Quoted

"Living in New York was an interesting experience, but I'm a Bostonian at heart, so I constantly felt like I was missing home."

Boston bold

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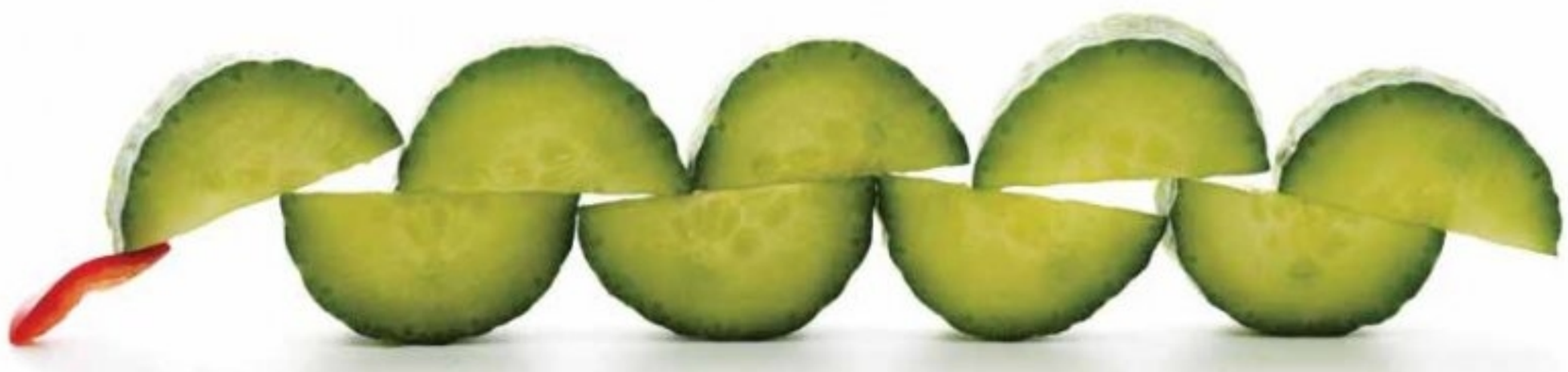

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Beacon Hill blaze injures firefighter, damage totals $1M

Fire protection.
Fire walls are being credited with keeping the two-alarm blaze from spreading to adjoining buildings.

Flames tore through a Beacon Hill building late Saturday causing $1 million in damage and displacing five people from their homes.

Firefighters were called to 119 Charles St. for a report of a fire at about 10 p.m., according to the Boston Fire Department. When fire crews arrived they found smoke coming from the four-story brick building.

The flames eventually spread within the walls throughout the building's four floors and pushed toward the roof. Fire walls prevented the two-alarm fire from spreading to the adjoining buildings.

The building's residents were able to make it out.

One firefighter was taken to a hospital for chest pains. Five people who lived in apartments on the upper floors were displaced. Most of them stayed with family and friends while some needed the assistance of the American Red Cross of Massachusetts.

The basement contained an antique shop while the first floor was occupied by some type of clothing business, the fire department said.

The fire / JEREMIAH ROBINSON, METRO

Fire officials estimated the damage to be about $1 million.

The cause of the fire was being investigated.

MICHAEL NAUGHTON
@MetroBosMike
michael.naughton@metro.us

Wigging out at Wegmans

People crowded the streets and the supermarket on Sunday to check out the newest location of the popular grocery store Wegmans. The chain's newest location opened in Chestnut Hill where street signs warned of traffic delays. At 80,000 square feet, the Chestnut Hill store is smaller compared to other locations. / JEREMIAH ROBINSON, METRO

Work accident

Teen severs arm in pasta machine, flown to Boston

A teenager from upstate New York is recovering in a Boston hospital after severing his arm while cleaning out a pasta-making machine at an Italian restaurant.

Brett Bouchard, 17, was listed in serious condition on Sunday after he severed his right arm at the elbow Thursday night, according to the Watertown Daily Times.

Bouchard was taken to a local hospital where doctors decided to fly him to Massachusetts General Hospital. The restaurant's co-owner told the Watertown Daily Times that blood was flowing to Bouchard's hand after one of the first surgeries to reattach his arm. He was cleaning a large pasta-making machine at Violi's Restaurant in Massena, New York, when the accident occurred. METRO

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Saturday, May 3 — Jazz Fest on the Harborwalk

Wind up your Saturday with a jazz concert on the Harborwalk. This is a great chance to chat with festival participants, while enjoying three quartets, a raw bar, hors d'oeuvres and cocktails. Tickets are $49 per person. The event includes performances from the Josh Shpak Quartet, the Marco Pignatoro Quartet and the Lance Houston Quartet.

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Robots battle it out at Cambridge science fest

Fighting machine.
STEM lovers flocked to this year's festivities.

The Cambridge Science Festival wrapped up a 10-day celebration of science, technology, engineering and math on Sunday with an Autonomous Fighting Robots Design Challenge.

According to organizers, eight teams of "sentient robotic warriors" battled each other behind a barricade of bulletproof glass, showcasing their engineering know-how. The design phase lasted two weeks, and opponents were mentored by engineers from MathWorks, Autodesk and SparkFun.

The festival also included hands-on interactive activities, workshops, demos and tours.

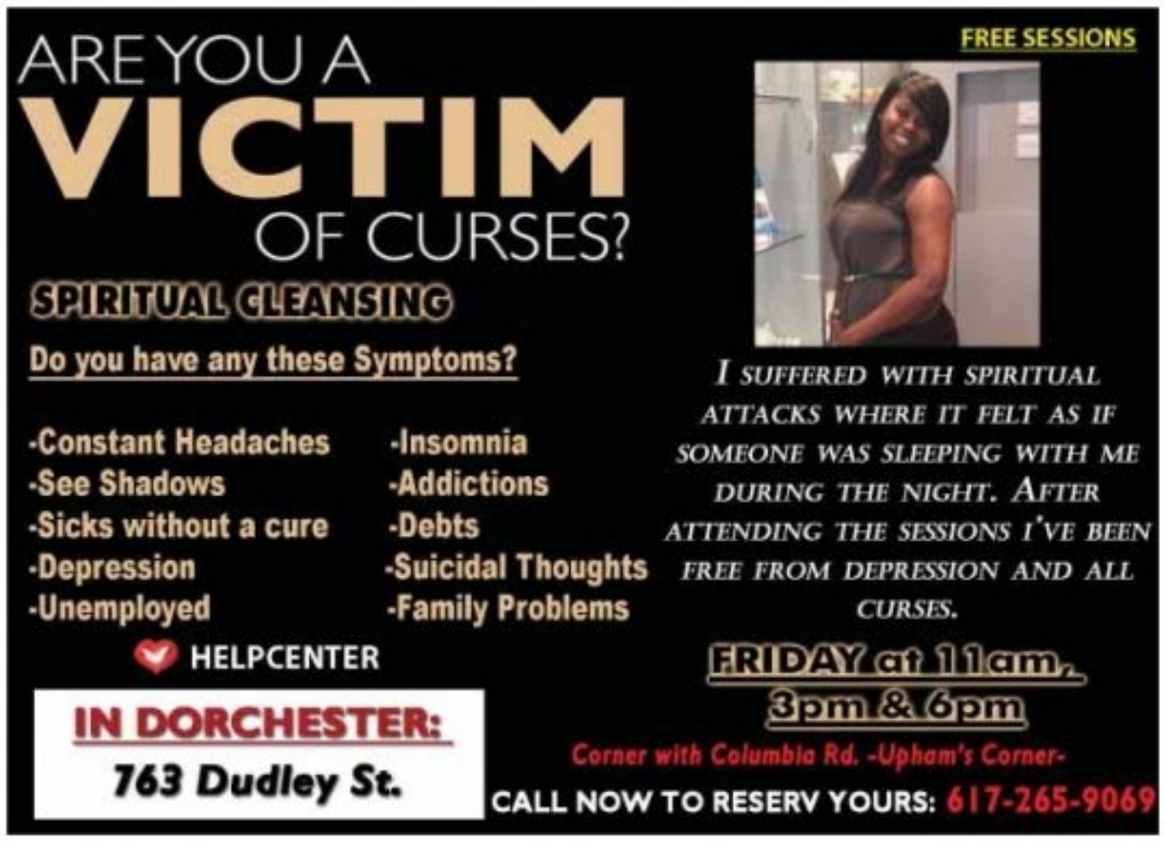
MORGAN ROUSSEAU
@MetroMorgan
morgan.rousseau@metro.us

Jason Chrisos, of the Sommervillians team, prepares their robot for the Cambridge Science Festival's Autonomous Fighting Robots Design Challenge at the Middle East on Sunday. / JEREMIAH ROBINSON, METRO

Service shoes

New Balance inks $180M deal with US military

New Balance, a Boston-area athletic apparel manufacturer, has announced plans to sell $180 million worth of sneakers to military recruits. Matt LeBretton, the company's spokesman, told the Associated Press the deal was a "big win" for manufacturers in Maine and Massachusetts and across the country. New Balance is one of the few companies that makes a shoe meeting all federal requirements, LeBretton said. The company manufactures shoes in Lawrence, Boston and Maine. The Department of Defense announced on Friday that it will provide military recruits with the American-made footwear, rather than giving them a stipend to buy sneakers. METRO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Global markets

Fed may offer clues on rate timing conundrum

U.S. policymakers have the chance this week to give clearer guidance on the future path of interest rates and settle markets that are uncertain over how and when a hike would occur.

Global financial markets are still on alert for developments in Ukraine, with the United States and its G7 partners preparing tougher sanctions against Russia.

The Federal Reserve's Open Market Committee meets from Tuesday to Wednesday, and markets will read its Wednesday statement closely for clues to when interest rates might rise.

By Wednesday, investors will know how fast the U.S. grew in the first three months of 2014, when bad weather is likely to have dragged on activity. **REUTERS**

Obama denounces reported remarks by team owner as 'racist'

League. Obama said he was confident NBA Commissioner Adam Silver would deal with the issue.

President Barack Obama said on Sunday that comments reported to have been made by the owner of the NBA's Los Angeles Clippers basketball team were "incredibly offensive racist statements."

The NBA is investigating an audio recording posted online of Clippers owner Donald Sterling allegedly telling his girlfriend not to post photographs of herself with black people and not to bring African-Americans to Clippers games, league officials said on Saturday.

Clippers owner Donald Sterling sits with his girlfriend. / GETTY IMAGES

Quoted

"When ignorant folks want to advertise their ignorance, you don't really have to do anything: You just let them talk."

Obama, said when asked about the controversy during a news conference in Kuala Lumpur with Malaysian Prime Minister Najib Razak

"Obviously the NBA is a league that is beloved by fans across the country," Obama said.

He said the controversy was also an example of how the United States continues to wrestle with the legacy of race.

Celebrity news site TMZ.com published the 10-minute recording on its website late on Friday, describing it as a taped conversation between the billionaire Sterling and a model who goes by the name V. Stiviano.

"The audio recording posted by TMZ is truly offensive and disturbing, and we intend to get to the bottom of it as quickly as possible," Silver said, adding the league would move swiftly to determine the authenticity of the recording and its context. **REUTERS**

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- Written comments will also be accepted through Wednesday, April 30, 2014, and should be mailed to: MBTA, 10 Park Plaza, Boston, MA 02116, Attention: Fare Proposal Committee.
- You may also submit your comments electronically at the MBTA website mbta.com, by email at fareproposal@mbta.com, or by phone at (617) 222-3200, TTY (617) 222-5146.

MEETING LOCATIONS

Monday, April 28
6 p.m.–8 p.m.
Middlesex Community College
Lowell Campus
Federal Building,
Assembly Room
50 Kearney Sq.
Lowell, MA 01852

Tuesday, April 29
6:30 p.m.–8:30 p.m.
Newton City Hall
City Council Chambers
1000 Commonwealth Ave.
Newton, MA 02459

Tuesday, April 29
7 p.m.–9 p.m.
Framingham Town Hall
Memorial Building
Blumer Room
150 Concord St.
Framingham, MA 01701

Wednesday, April 30
6 p.m.–8 p.m.
Medford City Hall
Alden Memorial
Chambers
85 George P. Hassett Dr.
Medford, MA 02155

Wednesday, April 30
7 p.m.–9 p.m.
Attleboro High School
Auditorium
100 Rathbun Willard Dr.
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Please visit mbta.com for a complete list of public meetings and workshops.

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Meet George Clooney's fiancee

Amal Alamuddin was in New York in March. / GC IMAGES

The world almost fell off its axis this weekend when it was announced that George Clooney, 52, who has spent decades stating his hatred of marriage, has asked girlfriend Amal Alamuddin, 36, to marry him, People magazine confirms.

"George and Amal are trying to keep things very low-key, but they also aren't really trying to hide this, it doesn't seem," a source says. "I think it's like they want the people they love to know that this is real, that they plan on being together forever."

Clooney and Alamuddin, a British human rights attorney, were first rumored to be dating in October when they were spotted stepping out together in London. Alamuddin, who gives single, mid-30s women around the world some hope, was seen donning an impressive diamond engagement ring at a dinner with Cindy Crawford and Rande Gerber in Malibu on Thursday.

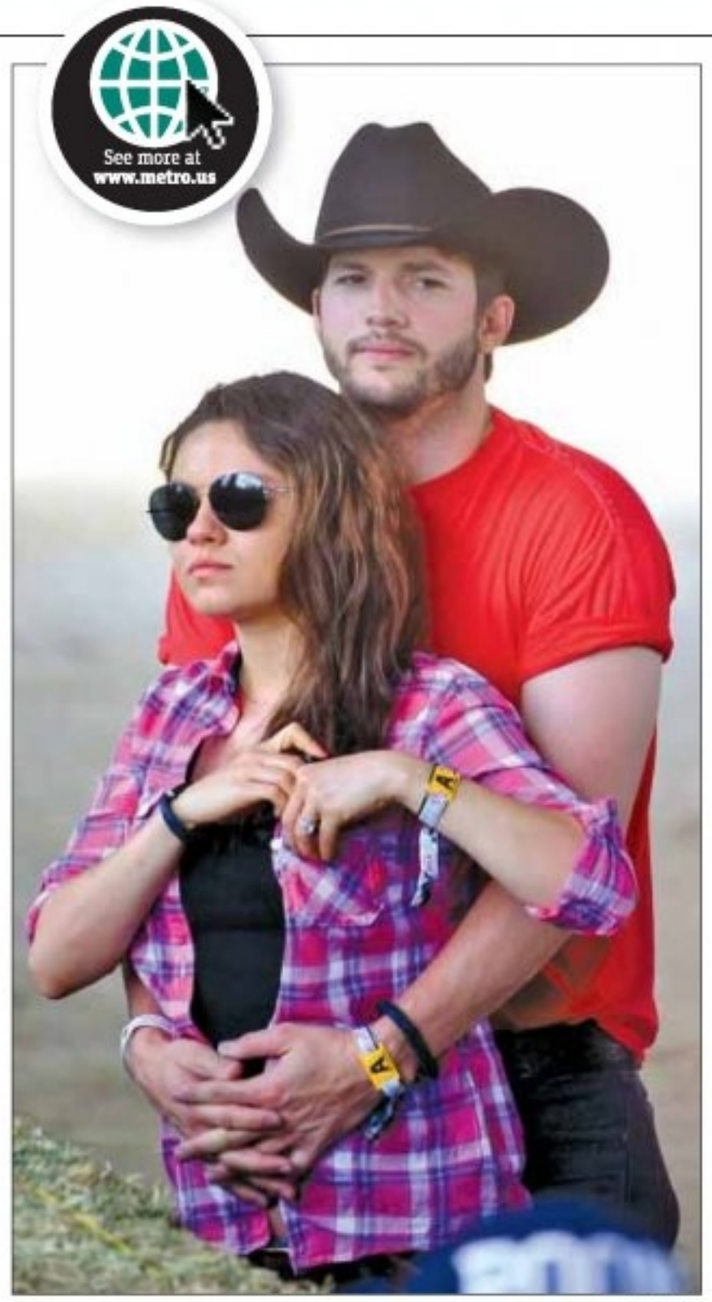
This will be the second marriage for Clooney. He was married to Talia Balsam, who is currently married to John Slattery — aka Roger Sterling from "Mad Men" — from 1989 until 1993.

Talking points

Schreiber and Watts to wed

It took them some time to work out their differences, but Naomi Watts and Liev Schreiber are reportedly ready once again to walk down the aisle, according to Radar Online. "While Noami and Liev have had their ups and downs, including a canceled New Year's Eve wedding right before 2008, they've finally worked out their differences and are re-thinking marriage," a source says of the couple, who have been together for nine years and have two sons together. "Liev really admired how Naomi rose above the flak she got for 'Diana' — a role he really thought she'd win awards for. She was totally brokenhearted over that movie, and Liev has played a huge role in getting her confidence back so she could carry on with four more films she has in production." AFP

NAOMI & LIEV
WIREIMAGE



See more at www.metro.us

GETTY IMAGES

Kutcher, Kunis and their fetus go full-on country

Ashton Kutcher cupped fiancee Mila Kunis' pregnant belly during Stagecoach, country music's version of Coachella, on Friday in California. The two later got onstage during Lynyrd Skynyrd's set, a fact which makes me question everything I thought I knew about Ashton Kutcher and Mila Kunis.

2 CULTURE

Twitter feed

Today, Joan Rivers is reporting the news, Ricky Gervais is starting to understand how the Web works, and Mark Duplass is feeling nostalgic.

@Joan_Rivers: Justin Bieber was detained at LAX. Customs probably thought he was smuggling 14 illegal aliens in those saggy pants.

@rickygervais: I am offended by your opinion, & since I couldn't possibly ignore you or control my emotions, I demand you never express your opinion again.

@MarkDuplass: I miss being small enough to use my dad's t-shirts to sleep in. I wish my dad was 12 feet tall.

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Beats and rhymes

Re-enter the 36 Chambers

You announced a single-copy Wu-Tang album. Does this mean that even you won't have a copy?
Exactly. It'll be out of my hands. I've been thinking of a way to make music artistically tangible and appreciated in a way that takes it back from the digital domain. I think I've got some solutions, and this is one of them — to treat it as what it is: a piece of art.

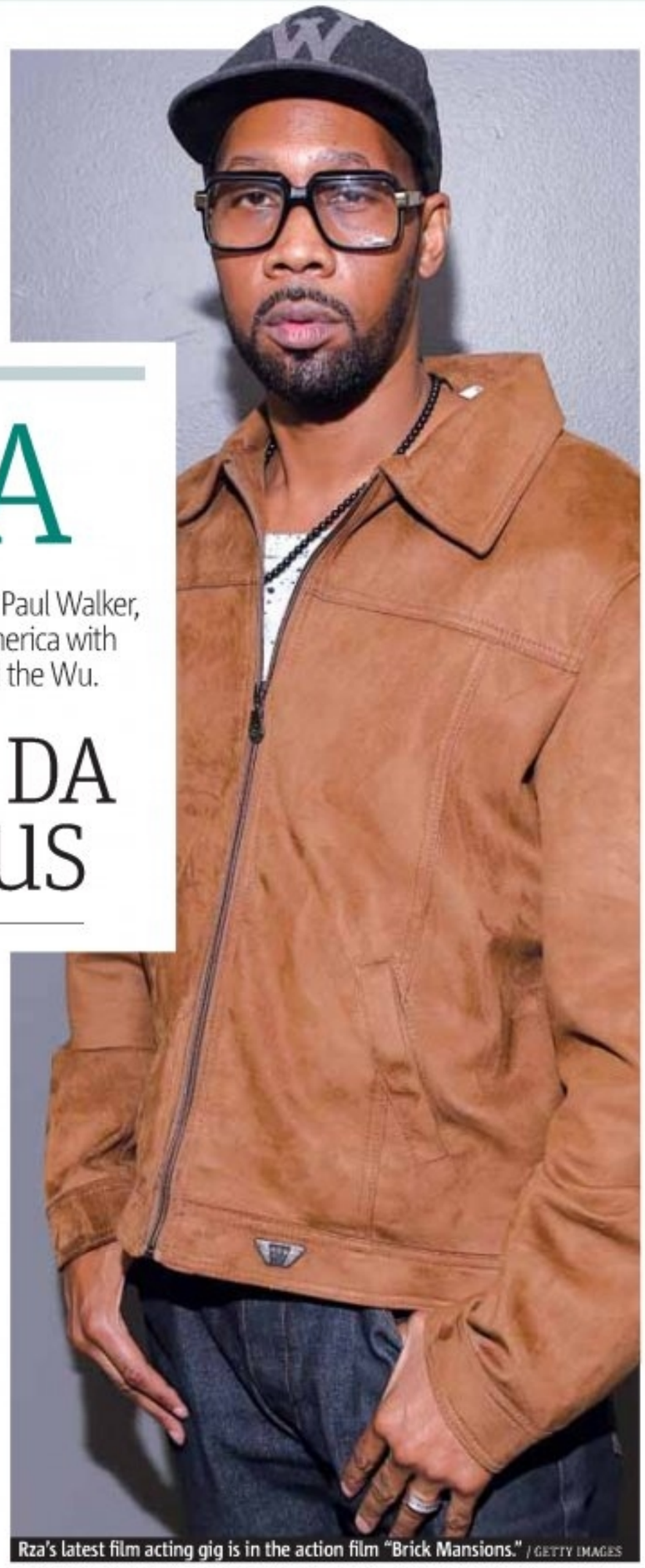
My goal is to help bring that awareness back, and this is one way of doing that. The idea was that this is a piece of art that can be exhibited like a piece of art — and should be exhibited like art. So we've started working on all the parameters of what's going to make it logical, what's going to protect the integrity of the art, what's going to protect the movement that we want — as well as what's going to kind of raise the bar in the corporate world of music, kind of change the dynamic of it.

When we sit down with hip-hop legend Rza in the lobby of L.A.'s fancy Arclight movie theater, he's a bit glum. It turns out the interviewer directly before us had ended on a Paul Walker question, and Rza is still preoccupied with thoughts of his late "Brick Mansions" co-star. Luckily, a little talk about reinvigorating the music business perks him right up.

RZA

The hip-hop legend talks Paul Walker, bringing parkour to America with "Brick Mansions" and the Wu.

BRING DA RUCKUS



Rza's latest film acting gig is in the action film "Brick Mansions." / GETTY IMAGES

What were some of the highlights of working with Walker?
His energy, his spirit. He was uppity, daring. He just brings a smile to the atmosphere. One of my favorite days was when he and his other buddies joined us. You can meet somebody and you get a feel from hanging with them, but then when you meet their buddies you get to know even more. They all had cool energy.

This is based on a French film, "District B13," which basically introduced parkour. How do think it translates to an American setting?
What I think is that us that are in the know, we are always ahead of the rest of the country. Like when "Ong-Bak" came out and "Chocolate" came out, we saw those movies, knew the moves and loved Tony Jaa. The [rest of America] didn't know. They had to wait to see "The Avengers" to see those moves. [Laughs] So for this particular film, it's more like we've got that movie in our DVD collection by now — two of them, even — yet America doesn't know what parkour is. And they'll learn now.

Let's give another example: By the time breakdancing reached America, we were already up to levels of spinning on our heads, you know what I mean? [Laughs] There's a second generation of parkour artists now. And it takes that. Drake just put a song out, "Wu-Tang Forever," on his new album, but it's 20 years later for us. So that's how art grows.

Does that mess with your head at all, thinking about how much time has passed?
It doesn't mess with my head. I mean, time is just this thing that you can't grab a hold of its tail, kid. You've got to accept time. So it doesn't mess with me. I just pray for 20 more [years], 30 more. I love this planet, I love life. I'm down to hang out. [Laughs]

Quoted

"It doesn't mess with my head. I mean, time is just the thing that you can't grab a hold of its tail, kid. You've got to accept time. So it doesn't mess with me. I just pray for 20 more [years], 30 more. I love this planet, I love life. I'm down to hang out."

Rza, on the Wu-Tang Clan

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UMASS BOSTON

Margot's Nuclear 'Slingshot to Heaven'

See more at www.metro.us

No computers. The singer of the So & So's discusses how his priorities become clearer with time.

"I'm very much in a situation where I'm a dad," says Richard Edwards, pictured with his 4-year-old daughter, "but I also don't ever want to mellow that stuff, because I'm not somebody whose brain changed when I had a kid." / MEG CONNELLY

You could see it early in his career that Richard Edwards made music on his own terms, but his hands-on, no-compromise mentality toward his recordings has only become more pronounced over time.

As the founder and lead singer of Margot & the Nuclear So and So's, Edwards took the money from the advance on his debut and built his own studio. Signing to Epic for his second album in 2008, when the label didn't like his song selection, he convinced them to release two records simultaneously. "Animal" was his ideal release, while "Not Animal" was Epic's chosen offering. From then on, Edwards and the band have gone on to self-release three albums on their own label, Mariel Recordings. Their latest, "Slingshot to Heaven," was released last week.

"We are in a position where we have a small, passionate fan base," notes Edwards. "As far as self-releasing, I really wish we had done it from the beginning, because I really underestimated the pride in owning the s— that you do. When I have a stack of things that I've made, even if they're not really worth that much, it's really, really important for me to own it. That means a lot to me as I get older."

With a reverence for the beauty of analog, "Slingshot" was recorded on 2-inch tape. "We've done it before," notes Edwards. "But this time we didn't use any computers at all, which made it different than any way we've recorded in the past. I don't think it's political or anything. We always like using tape because I'm one of those people who thinks you can tell the difference. It was my favorite way of recording so far, and it definitely makes a difference on focused performance."

"Slingshot" shows Margot and its rotating cast of characters evolving and maturing without compromising. The songs are a bit slower; but at the same time, the catchy tunes are still riddled with an inherent evil lurking in the lyrics.

"I'm always getting yelled at by the publishing company at how implacable my lyrics are so it's hard to differentiate between weirdness. But yeah, it's a little bit more narrative-based. I think it gets more skillfully articulated as I get older, but there's always a Catholic/Christian guilt thing which most people don't shake, even as they get older and cast that stuff aside. I like writing songs that feel, for better and worse, like real reflections of how young men think and behave."

Edwards says having a 4-year-old daughter hasn't even changed his young man's approach to lyrics.

"I'm very much in a situation where I'm a dad, but I also don't ever want to mellow that stuff, because I'm not somebody whose brain changed when I had a kid. Of course, it did in tons of ways, but it did not change that part of me that's super f—ed up and gross. ... I just think it's important now more than ever to just be honest. People need to be honest with themselves before they get on a soapbox about what's wrong about the rest of our culture."

NOLAN GAWRON
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Small business

'Meaning from a lot of lame stuff'

If you order "Slingshot to Heaven" from the band directly, you can get various rarities like a limited 7-inch and a DVD of stripped down album tracks, recorded beautifully through the eye of an Eclair 16 mm movie camera.

"My head hurts so much that I just want mindless work where I don't get stuck inside the pattern of thought that I'm always in," says Edwards. "It's super, super cheesy, but it's like I have a small business and the act of transporting these records to people has some sort of meaning to me as I get older. You get meaning from a lot of lame stuff as you get older."

If you go

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TV watch list

RICKY MARTIN
GETTY IMAGES

REALITY

'Dancing with the Stars'

Guest judge Ricky Martin shows everyone how it's done in the Latin dancing category. **ABC, 8 P.M.**

COMEDY

'2 Broke Girls'

The ladies head to a racetrack where Caroline lets things get a little out of hand. Only bet on the winners, Caroline. **CBS, 8 P.M.**

COMEDY

'Mike and Molly'

Mike books Molly's literary idol for driving under the influence. Maybe he can get a book signed for her. **CBS, 9 P.M.**

DRAMA

'Castle'

A professional skateboarder is killed by a motorcyclist, so Castle and Beckett dive into the world of extreme sports. **ABC, 10 P.M.**

LISA WEIDENFELD

Mining real-life friendship for on-air comedy

See more at www.metro.us

Interview. Lennon Parham and Jessica St. Clair talk transferring the comedy of their friendship to the small screen for the second time.

Lennon Parham and Jessica St. Clair are taking this sitcom friendship very seriously. / RODOLFO MARTINEZ, USA NETWORK

In "Playing House," USA's new sitcom premiering Tuesday at 10 p.m., Lennon Parham and Jessica St. Clair play longtime best friends. In real life, they actually are. The authenticity of their relationship fuels humor and heart in this quirky, playful take on young adulthood and small-town life. The first episode sees businesswoman Emma (St. Clair) return home to attend a baby shower for Maggie (Parham). When Maggie's husband is caught in a hilariously inappropriate online love affair, Emma decides to stay and help Maggie raise the child. Keegan-Michael Key ("Key and Peele") and Jane Kaczmarek ("Malcom in the Middle") round out the supporting cast. We caught up with Parham and St. Clair to discuss steaks, rattan furniture and a fake mustache.

Is it true that, by the time you started shooting, Lennon in fact was pregnant?
LP: I was the exact amount pregnant as my character Maggie when we shot the pilot.
JSC: Eight and a half months. She's a method actor.
LP: And Jess was secretly pregnant.
JSC: So I was throwing up in bushes and forcing Lennon to order me extra servings of steak, as if she were feeding a baby tiger.

You can be your real self, including your worst self, around childhood friends. Has it been fun to play with that dynamic?
LP: Absolutely. The show is about how your childhood friend is the one who knows you best. And in adult life, you become this other person a bit, but the childhood you is always there.
JSC: My character, Emma, comes back to her hometown from Shanghai where she's been for 10 years, and for her it's all about accepting her roots.
LP: Emma and Maggie come together when they're both at crossroads, and since they know each other best they're the ones who can really help and also call each other out.

What's it like to be one of the first original sitcoms on USA?
LP: It's been a dream. They let us do an episode where I dress as a man, so that's all I need. A trucker hat and a mustache the color of a tabby cat.
JSC: You rarely get the note from someone, "We want more of your voice," but USA tells us that, so, I mean, come on.
LP: We couldn't be happier.
JSC: Lennon's just glad that they let her dress as a man.

Q&A

Preparing for the next version

Your last show together [NBC's 2012 sitcom 'Best Friends Forever'] represented an earlier time in your lives, and 'Playing House' is the current incarnation. So what will be next?
JSC: The hope is that this show goes for a while and we see the characters grow, fall in love, find their passions.
LP: And then we'd make a "Golden Girls" type of show. Just a bunch of sassy broads sittin' on rattan furniture.
JSC: We already have the furniture on our set now. We'd just steal it.
LP: Already done.
JSC: What? Lennon. We need that for Season 2.
LP: Too late. It's halfway to Argentina.

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Can praying help you lose weight?

Diet. A new book claims it's true.

For veteran fitness writer Jimmy Pena and the followers of the PrayFit diet, losing weight is about much more than the reflection staring back at you.

"It's not about the mirror," Pena says. "It's about the one we're trying to mirror."

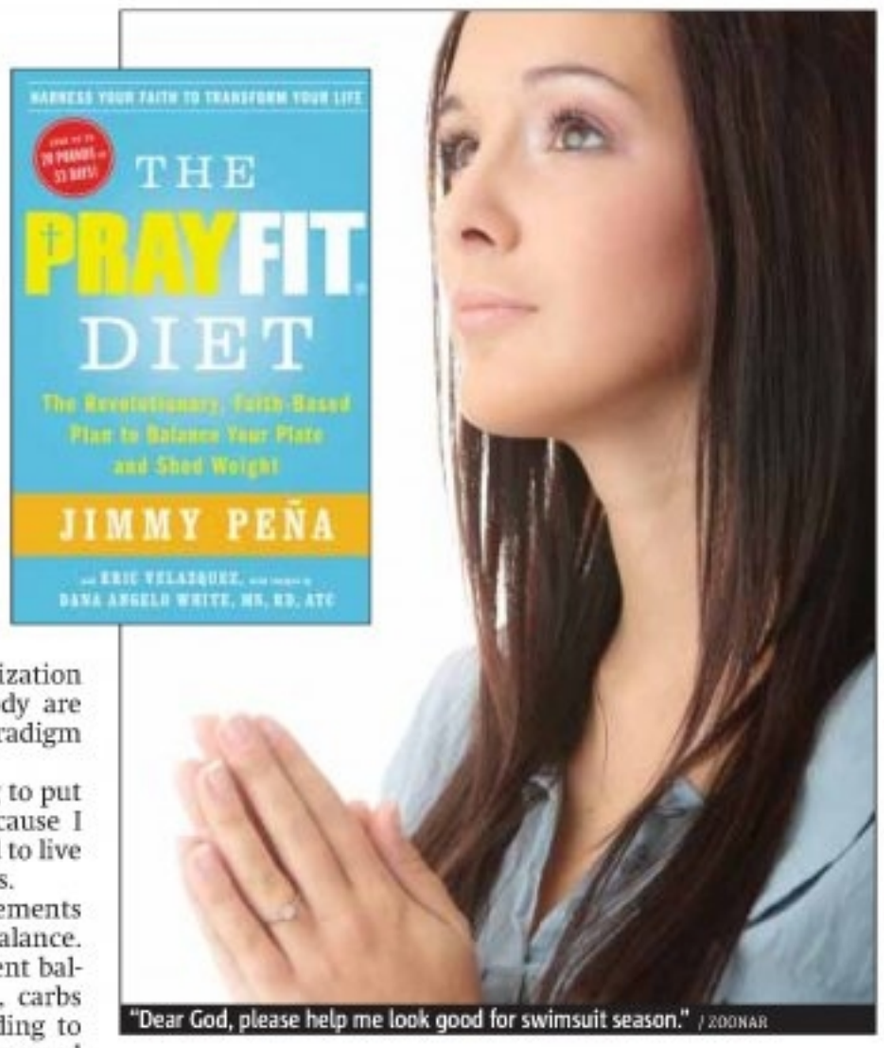
In "The PrayFit Diet," Pena explains his faith-based approach to weight loss. Harnessing the power of prayer, Pena believes, allows for the nourishment of the soul and the pursuit of a life that is both spiritually and physically healthy. The book is a mix of advice, recipes, meal plans and journal exercises. For Pena, fitness is a way of serving and living his faith. The plan sees health as a means of worship.

Pena calls the realization that faith and the body are connected a real paradigm shift.

"You say, 'I'm going to put my faith to work, because I believe I've been called to live abundantly,'" Pena says.

One of the key elements to the PrayFit Diet is balance. It maintains a 33 percent balance between protein, carbs and fat, which, according to research, can lead to increased energy, decreased inflammation, improved cholesterol and healthier blood sugar levels.

"It's an inclusive, 'embrace food' type of plan," Pena says.



"Dear God, please help me look good for swimsuit season." / ZOONAR

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The dietician says

Is the diet legit?

We asked registered dietician Erin Palinski for her thoughts on the diet.

"One of the major factors that holds people back from being successful with weight loss is lack of motivation," Palinski says. "If you feel that losing weight and improving health is your way of showing praise to God (or any higher being), this extra motivation can be a great way to help you stay focused and on track."

However, Palinski worries that the balance the diet emphasizes may not work for everyone.

"The diet focuses on 33 percent protein/carbs/fat, which may be too restrictive for some people to maintain long-term," Palinski says. "With only 33 percent of calories coming from carbohydrates, this low-carb diet may cause some individuals to suffer from a lack of energy, which can make staying on track challenging."

PLUS

O come all ye faithful

Have mercy

Though the book uses biblical inspiration to motivate readers, the diet, he says, can work across all faiths.

"PrayFit is a way to serve God, serve others," Pena says. Skeptics don't bother him.

"I have faith in the Lord," he says. "I don't have faith in fitness (or) food. I know that we were never meant to be at the mercy of food."

This week in health news

Marijuana alters key brain structures in casual users

Location of study: U.S.
Study subjects: 40 college students in the Boston area aged 18 to 25
Results: Can casual marijuana use have lasting effects on the brain? A recent study suggests that even light, recreational pot smoking can lead to significant changes in the regions of the brain related to emotion, motivation and reward. When compared to non-users, young adults who reported smoking marijuana once a week exhibited differences in the size, shape and structure of these brain regions. These irregularities were more extreme in participants who smoked pot more frequently.
Significance: According to the study, these affected brain regions have been broadly linked to addiction. "It also is possible that the brain is adapting to marijuana exposure and that these new connections may encourage further marijuana use," Dr. Anne Blood, a co-senior author from the Massachusetts General Hospital Department of Psychiatry, says in a statement. Researchers say the findings raise concerns about the long-term impact of legalizing marijuana.

Could pot have long-term mind-altering effects? / PHOTODISC

Experts find no proof that inducing labor causes autism

Location of study: U.S.
Results: After careful review, the American College of Obstetricians and Gynecologists has found no link between labor induction and autism. Experts say that the collective research at this time is not enough to suggest a causal relationship. "Our opinion was stimulated by a study done last year that showed a potential association between the use of drugs like Pitocin to start labor and autism in children," says Dr. Jeffrey Ecker, the ACOG's chair of the Committee on Obstetric Practice. The organization deemed the available evidence surrounding the use of oxytocin to bring on labor as inconsistent. The group also found limitations in study design and conflicting findings in other research.
Significance: The concerns over labor induction and autism picked up considerable steam last year following a study suggesting that women who used labor-inducing drugs to stimulate contractions may be more likely to deliver a child with autism. Researchers from that study were unclear about the nature of the association. They were also unaware of the circumstances that required labor induction or augmentation to begin with. According to Ecker, the ACOG very clearly recommends that current practices not be changed because evidence of a cause-and-effect relationship is not there. He added that cutting back on labor inductions, which are an important part of patient care, would almost certainly raise cesarean section rates.

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Obama: Teachers must be prepared

Having an unprepared teacher isn't fair to any of the students, the White House says. / PHOTODISC

Getting schooled. President instructs the Department of Education to evaluate teacher training programs.

President Barack Obama has directed the Department of Education to craft rules to evaluate teacher training programs amid concern that too many new teachers are walking into classrooms unprepared for the job, the White House said on Friday.

By this summer, the department will propose regulations to strengthen teacher preparation programs and, after a period of public comment, will aim to publish final rules on the matter within the next year, the White House said.

Education Secretary Arne Duncan told reporters poor teacher preparation programs produce teachers "who are under-prepared, who are ineffective and who are frustrated."

"That's simply not fair to those teachers, or to aspiring teachers, or to their students," Duncan said.

Duncan has been a sharp critic of these programs. He has said universities too often treat schools of education as a "cash cow" because they are comparatively cheap to operate, yet attract a high enrollment.

He also has said most of the programs "are doing a mediocre job" of preparing teachers for the realities of the classroom.

"The administration will encourage and support states in developing systems that recognize excellence and provide all programs with information to help them improve, while holding them accountable for how well they prepare teachers to succeed in today's classrooms and throughout their careers," the White House said in a statement.

A 2013 review by the National Council on Teacher Quality, a group that favors strengthening standards for teachers, looked at 2,420 teacher preparation programs in 1,130 institutions of higher education across the country.

It found that 93 percent of the programs failed to ensure that candidates were assigned to highly skilled teachers during student-teaching duty. It also found that only 23 percent were doing enough to provide teacher candidates with strategies to improve classroom behavior problems.

Almost two-thirds of new teachers report that their programs left them unprepared, according to the White House.

It said that these programs have lacked the necessary feedback to identify strengths and weaknesses and have had little information on where their graduates go to teach, how long they stay and how well they perform.

"Other countries, as we know, are today out-performing us educationally. We don't think that's fair to our students. We don't think that's fair to our teachers. And we don't think it's good for our nation and our nation's economic interests," Duncan says. REUTERS

By the numbers

93%

A 2013 review by the National Council on Teacher Quality looked at 2,420 teacher preparation programs in 1,130 institutions of higher education across the country and found that 93 percent of the programs failed to ensure that candidates were assigned to highly skilled teachers during student-teaching duty.

Unconstitutional? Students told not to pass out copies of the Constitution

Administrators don't necessarily want people passing out this stuff at the University of Hawaii at Hilo. / LIQUID LIBRARY

Two students are suing a Hawaii university after they say they were told in January they could not pass out copies of the Constitution to fellow students, in a lawsuit accusing the school of violating their First Amendment rights to free speech.

In a complaint against the University of Hawaii at Hilo, the students' lawyers say the school "unconstitutionally restricts access to open areas on campus by requiring students to seek permission to speak at least seven business days in advance."

The complaint, filed last Thursday, added that the areas where students could engage in "spontaneous expressive activities" was limited to a small fraction of the school's 115-acre campus.

"Part of the paradox is the idea that on a state campus, the exercise of constitutional rights can be confined to a zone, to one-quarter of 1 percent of the campus," says Attorney Bob Corn-Revere, who represents students Merritt Burch and Anthony Vizzone.

The school said in a statement it had initiated a review of its policies and the manner in which they are enforced in the wake of the controversy, adding that it was committed to free expression and the open exchange of ideas.

"This case involves the application of specific policies ... that were implemented to protect those values while preserving the educational environment for all students," the university says.

Thursday's lawsuit is the second such action filed this year by law firm Davis Wright Tremaine in conjunction with the Foundation for Individual Rights in Education. Corn-Revere said an earlier suit with Modesto Junior College had been settled.

"There are quite a number of campuses that have these free speech zone policies," says Corn-Revere. REUTERS

The paradox

The First Amendment

The First Amendment of the Constitution protects the rights of freedom of speech and freedom of assembly.

3 WAYS TO STAY MOTIVATED AT WORK

Maybe it's because of the bad economy or maybe it's just bad luck, but many employees feel stuck at their jobs. Are you one of them?

Employee motivation is at an all-time low right now because the country's workers aren't doing work that takes advantage of their strengths and passions. They simply don't know how to get motivated and remain motivated at the office. This is a big challenge because if you can't motivate yourself, you will end up slacking off and not delivering on your project commitments, which could end up getting you laid off in the long run.

Here are three ways to get motivated in your own workplace so you can become as productive as possible and achieve a higher level of success at your company:

Don't let this be you: Choose projects that keep you invested. / LIQUID LIBRARY

Do this

Schedule breaks in your day

If you're constantly working, you'll get burned out. Make sure you schedule regular breaks for yourself so that you can loosen up and recover the energy that you lost. Tell yourself that you're going to take 10 minutes off after you complete a certain amount of work. For your breaks, you could take lunch, go get a coffee, run a short errand, walk around or just talk to others at the office.

Focus on one goal at a time

Most people try to multitask but find it hard to get anything done. If you write down one goal to accomplish each day, it's much easier to be focused and more motivated. When you have multiple goals, it can be very hard to be motivated because you are overloaded and you don't feel like you can do them all. When that happens, you feel like you're a failure or lazy, both of which are probably not true. You just don't have enough energy to do everything. At the end of the day when you've completed your goal, check it off. Then, move to a new goal the next day. Eventually, all of your goals will be checked off.

Choose the right goals

You will be very motivated if you select goals that you're excited about. It will be easy to put the time and energy into a goal that you're really interested in, instead of one you're just doing because you have to. Basically, you are more motivated if you are working toward something that you genuinely want to do or achieve. If you are forced to do goals that aren't of particular interest, which happens a lot in the workplace, then find things that interest you within them. Sometimes you have to do work that you don't like in order to get work that you do like.

Metro does not endorse the opinions of the author.

Jobs Advice

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Dan Schawbel is a workplace expert, keynote speaker, and author of the New York Times best-selling book, "Promote Yourself: The New Rules For Career Success."

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Three facts all job-seekers should know

While job hunting is no easy task, these facts will help you leverage your marketable skills.

1 Using more than one job-hunting method has the most success. According to JobHuntersBible.com, 51 percent of those who use only one method of job-hunting give up on their job hunt by the second month. On the other hand, of the job seekers who are using two or more methods, only 31 percent abandon their search by the second month.

Go ahead, send that early morning email. / LIGHTWAVE MEDIA

2 Most jobs aren't filled by recruiters viewing your résumé online. Very few jobs are actually filled from employers or recruiters by selecting job seekers who posted their résumé on a job board or résumé database. These databases scan hundreds of résumés for key words, and it is next to impossible to make yours stand out. Instead of posting your résumé on several job boards, a much more effective way of job searching is to email your résumé to an actual recruiter who will read it with the human eye.

3 The best time to send an email is on a Sunday. If you are going to be emailing your résumé or reaching out to a recruiter, the best time to email them is on a Sunday or early in the morning. As not too many messages come in on Sunday, yours will have a higher chance of getting read.

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Horoscope

♉ Taurus | April 21-May 21. Your unselfish nature is likely to damage your health if you're not careful. You must find a way to turn down some of the demands.

♊ Gemini | May 22-June 20. Take your time and don't be coerced into making a quick decision until you are sure that you have a true picture of the situation. Some valuable information is being withheld.

♋ Cancer | June 21-July 22. Develop a partnership with someone you want to work alongside. Participate in a worthy cause. You are likely to meet someone who can influence your future.

♌ Leo | July 23-Aug. 22. Less talk and more action will help you avoid trouble. Expect uncertainty in the workplace. Resist the urge to add to your current workload, or you'll risk blowing your deadline.

♍ Virgo | Aug. 23-Sept. 22. New endeavors will develop. Increased knowledge and a chance to travel will provide a wider range of possibilities. Accept an invitation.

♎ Libra | Sept. 23-Oct. 22. Be diligent regarding your diet and exercise regimens. You need to stay healthy to keep up with your daily demands. Start saving and check out an affordable investment option.

♏ Scorpio | Oct. 23-Nov. 21. People you have helped in the past will be glad to return the favor. Love and romance are in the air. Plan to enjoy a day of togetherness with someone special.

♐ Sagittarius | Nov. 22-Dec. 21. Plan your career path strategically, and push to reach your goals. You will gain support if you share your enthusiasm with a group of productive individuals.

♑ Capricorn | Dec. 22-Jan 20. Do what you enjoy the most today. Whether you visit a spa or stay at home, you deserve a little relaxation. Fill your calendar with self-indulgences.

♒ Aquarius | Jan. 21-Feb. 18. Uncertainty is likely to plague your personal life. You can improve the situation if you share your thoughts and make suggestions. Don't let someone ruin your day.

♓ Pisces | Feb. 19-March 20. Act quickly so that you'll be able to take advantage of a new opportunity. Get together with a friend for some light entertainment. Romance is highlighted.

♈ Aries | March 21-April 20. Make amends with someone you may have let down or disappointed. Your emotions will be out of control. Be honest.

BERNICE BEDE OSOL

Letters

Where did all the money go?

Re: 'One in 10 bridges in the US are in urgent need of repair' (Metro, April 25-27)
So one in 10 bridges in the US are in urgent need of repair. Didn't we have a "Stimulus Package" of $850 billion during Obama's first term that was supposedly dedicated to roads and infrastructure? Where'd the money go, Mr. President?

Another example of "Progressives" in action.

JOE ALLOY, VIA EMAIL

Tout the American dream here at home, not overseas

As if our president isn't busy enough as the self-anointed enforcer of the old Soviet borders (e.g. Ukraine), now he's issuing threats to China. Where will he lead us next?

I say it's time for Mr. Obama to take a deep breath and recognize the arrival of a multi-polar world; a world in which the USA is but one power and no longer The Power in complete control of the planet.

And rather than pursuing a misguided globalism through confrontation, intimidation and sanctions, I think it's time to use our fabulous resources here at home, for our own common people — not the privileged few and certainly not the despots and juntas we bankroll overseas to selectively impose our "values."

Yes, let's put our great wealth to work for America and in America, and welcome those who wish to come here to work and live legally, and to pay taxes, and to have their own shot at the American dream.

In Obama, I voted for a statesman.

All I got was another politician serving the same old special interests of power and greed.

HENRY G. BRECHTER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

		3			9	5		
2			1				9	
	9			2	3		7	
	3		6					4
4			7		5			9
9					2		6	
	1		8	6			2	
	4				1			8
		8	9			3		

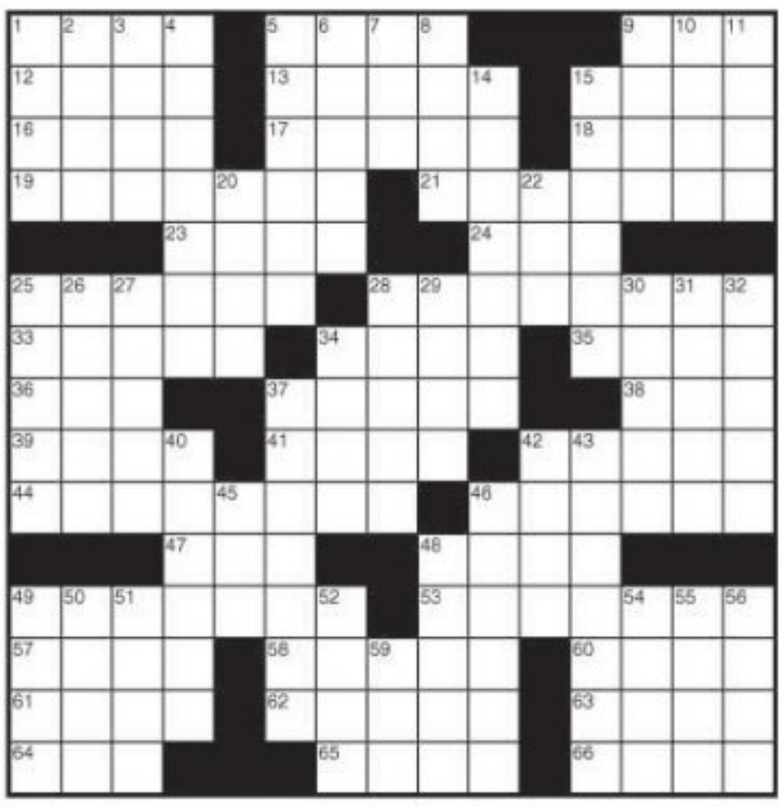
			6	9		5	1	
1	5		2					
7	6		5	4		2		
		6		1				
4								9
				7		3		
		3		2	5		6	8
					4		3	2
	8	1		6	3			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Swell, as a river
5 Demonstrate
9 Fergie's daughter
12 Absorbs, as costs
13 Solitary type
15 Glove compartment items
16 Personality parts
17 Blank a tape
18 Freezes over
19 Brought down
21 Junk jewelry
23 "No way!"
24 Perfume label word
25 Spain's Bay of —
28 More meager
33 — ear
34 Upstream spawner
35 Slight advantage
36 Chiang -- — shek
37 Jetties
38 Comic-strip prince
39 They may be split
41 Country addrs.
42 Giggle (hyph.)
44 Check into (2 wds.)
46 Reduce in rank
47 Dew glistener
48 Clutch
49 Tiny chirper
53 Heavy surf
57 Rochester's Jane
58 Ford predecessor
60 Touch up
61 Within sight
62 Bellyache
63 "Physics" intro
64 Cookbook amt.
65 Even
66 Unforeseen problem

Down
1 Lurch
2 "Othello" heavy
3 Pack away
4 Very lifeblood
5 Yawning
6 Multitude
7 Off — — tangent
8 Frontier, once
9 Support
10 Pentathlon event
11 Off. helper
14 Goes over again
15 Hour fraction
20 Thunder
22 John, in Aberdeen
25 Kids' wheels
26 Ridiculous
27 Nastily derogatory
28 Cheap ghost costume
29 Airport rentals
30 The Gem State
31 Heron
32 Ms. Zellweger
34 In — (as found)
37 Digging deep
40 Finn's pal
42 Greenish-blue
43 Badges
45 Futon or pallet
46 Talked on and on
48 Fumble
49 Where Canterbury is
50 Nay opposites
51 Bushwhack
52 Soap target
54 Blissful spot
55 Moreno or Rudner
56 Bachelor's party
59 Sundial numeral



Weekend's answer

Interactive Crossword

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Bruins, Habs ready to renew old rivalry

NHL playoffs. The two "Original Six" teams will meet up in the second round of the playoffs beginning later this week.

David Krejci and the Bruins won't tangle with old rivals Montreal and Andrei Markov until the end of this week since their series wrapped up so quickly. / GETTY IMAGES

When the Eastern Conference playoff bracket was set a few weeks ago, it felt like a Bruins-Canadiens semifinals was a foregone conclusion.

Neither the Lightning nor Red Wings put up much of a fight in the first round — winning one game combined.

It has all the elements — quality teams, high stakes and genuine hatred between the teams, players and cities — to make it an instant classic.

Perhaps knowing how much hype it will get, especially with such a long layoff between series, most of the Bruins players and head coach Claude Julien were trying not to stir up any additional emotion on Saturday after they eliminated Detroit at TD Garden.

"We know they are a quick and talented team," said goaltender Tuukka Rask. "I'm sure it'll be an entertaining series for the fans."

Boston won the Presidents' Trophy during the regular season but Montreal was one of the few teams to clearly have their number. The Canadiens were 3-1 against Boston in the regular season, but so was Detroit.

Bruins-Canadiens is unlike any other rivalry for Boston. Detroit just moved to the Eastern Conference this season so even though they are both "Original Six" teams, they don't have much recent history to draw on.

That's not the case with Boston and Montreal who will be meeting for an NHL-record 34th time in the playoffs.

The series will begin either Friday or Saturday at the Garden.

Nobody in the current mix can better relate to what the rivalry means than Julien, who was head coach of the Canadiens for three years. He spent four seasons in New Jersey and he is now wrapping up his fourth season in Boston.

However, he said Saturday he wanted to enjoy the series win over Detroit before jumping into that fray.

RICH SLATE
@RichSlate
sports@metro.us

Quoted

"It's always fun to play another 'Original Six' team. They are a great team, and we've seen them so much the last few years. It's always a battle, and we expect a tough and long series."
Patrice Bergeron, Bruins center

By the numbers

34
The Bruins and Canadiens will meet for the 34th time in the postseason. The second-most contested rivalry between Toronto and Detroit has been contested 23 times.

4
The teams will have met four times in the playoffs since 2008. Boston is 2-1 in the previous three meetings.

1929
The Bruins and Canadiens met in the playoffs for the first time in 1929. The Bruins won, then beat the Rangers to earn the franchise's first Stanley Cup.

0-18
The Bruins were infamously 0-18 against the Canadiens in 18 playoff series from 1946 to 1987 with six of them in the Stanley Cup Final.

1988
The Bruins broke that Canadiens curse in 1988 when they beat the Habs in five games in the second round led by Cam Neely and Ray Bourque.

80
The Bruins have won 80 percent (eight out of 10) of their playoff series since 2011. They lost in the first round in 2012 and last year in the Stanley Cup Final.

3 SPORTS

Out in front

Rangers take lead on Flyers

The Rangers grabbed the pivotal Game 5 win over the Flyers on Sunday to take a 3-2 lead in the series. Marc Staal, Brad Richards, Dominic Moore and Brian Boyle scored for New York in the 4-2 win. Game 6 is Tuesday night in Philly.

Blue Jays 7, Red Sox 1

Lester struggles late as Sox fall two games under .500

The Red Sox were crushed 7-1 on Sunday as the Blue Jays avoided a series sweep with R.A. Dickey on the mound.

The former Cy Young winner outdueled Boston starter Jon Lester, who fell apart late in the loss.

Former Yankee outfielder Melky Cabrera had the go-ahead two-RBI double in the third inning for Toronto, who started a record six Dominican players.

It was the Canadian-native Brett Lawrie who did much of the damage Sunday though. Lawrie had a home run and an RBI double.

The Blue Jays added two runs in the seventh off Lester and three runs in the eighth off the bullpen to stretch out a 2-1 lead.

Boston (12-14) hosts an eight-game homestand beginning Tuesday. METRO

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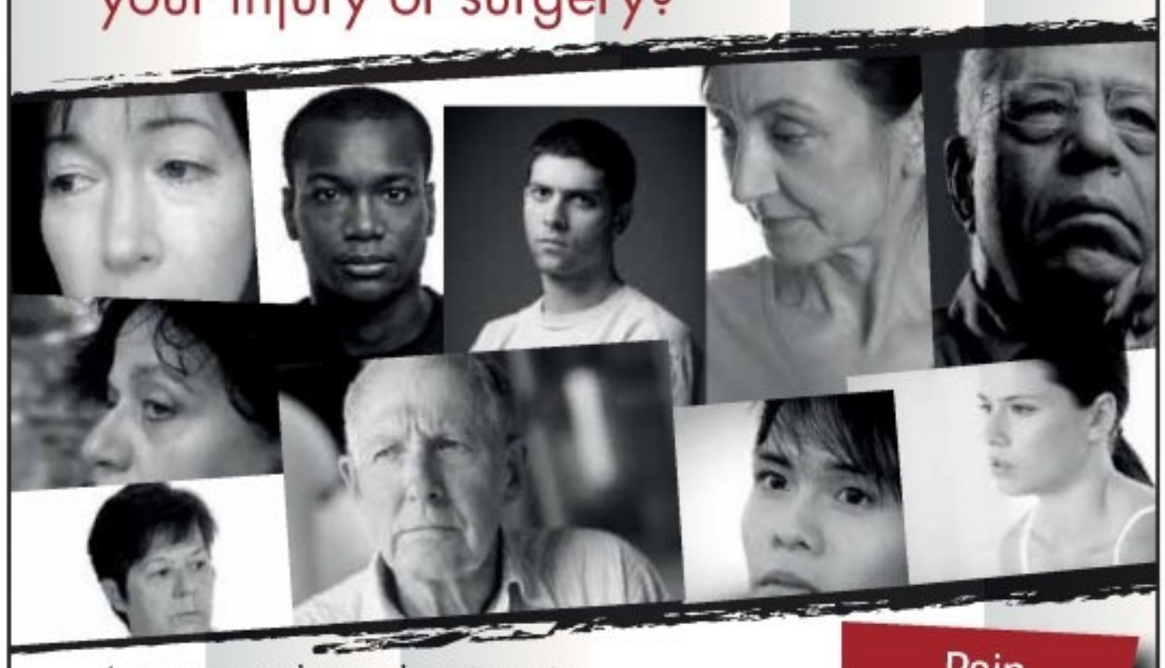

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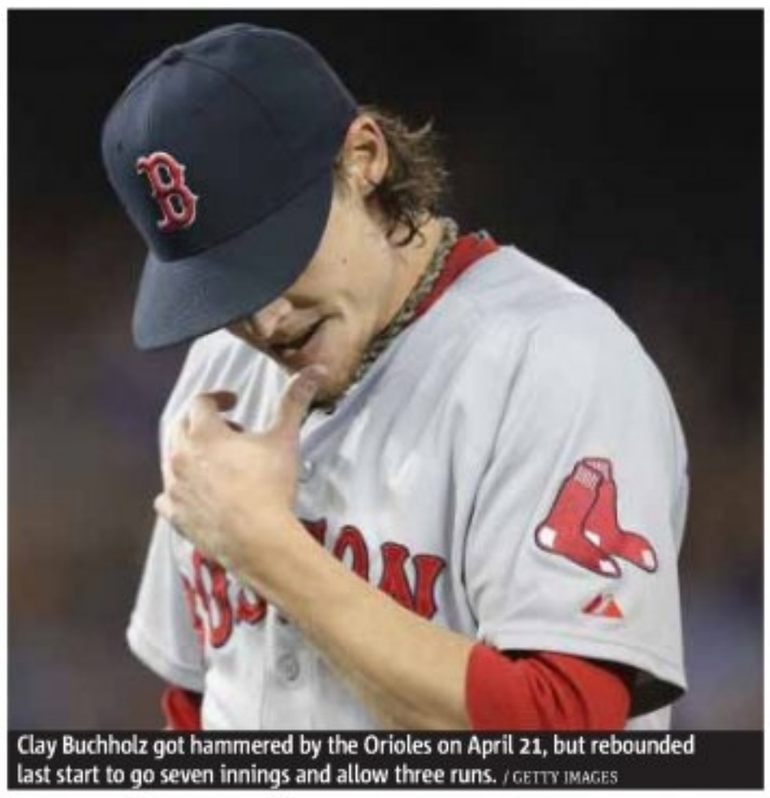
Red Sox rotation inconsistent to start the season

MLB. The Sox's experienced starters were hit hard last time through the rotation and are near the bottom statistically.



Clay Buchholz got hammered by the Orioles on April 21, but rebounded last start to go seven innings and allow three runs. / GETTY IMAGES

It's been an inconsistent start to the season for the Red Sox — largely due to the starting rotation's erratic start to the year.

Through the first two turns in the rotation, Red Sox starters had an ERA of 3.86, but through the last two turns the same Sox starters had an ERA of 4.87.

"This turn though the rotation, it's been less than we've shown in the past," manager John Farrell said last week. "It's been less than expected. And for us to play with consistency, we need our starting rotation to lead us through that. Right now, we're not getting that."

Going into Sunday, the Red Sox have had seven starts in which the pitcher has gone seven or more innings, but at the same time they've had three lasting fewer then three innings — two by left-hander Felix Doubront. Every starter has had at least one start lasting six or more innings allowing two earned runs or less and every starter except Jake Peavy has had an outing when they were unable to get out of the fifth inning without allowing six or more runs.

The Sox are No. 22 in all of baseball posting a 4.30 starters ERA mark and are No. 25 in opponents batting averaging with the opposition hitting .283 off Red Sox starters.

In comparison, last year Boston's starters had the 11th-best ERA in baseball at 3.84 and opponents hit .247, the sixth-best mark in baseball, but only .04 behind the Pirates for best in the league.

There is no question with the talent the five starters possess they should not be in the bottom third of baseball in ERA.

Jon Lester went 4-1 last postseason leading the Red Sox to the World Series, John Lackey has done a complete 180-degree turn from two years ago, Doubront was dominant for a two-month stretch last summer, Peavy is a former Cy Young Award winner and Clay Buchholz went 9-0 with a 1.72 ERA last season before missing two months with a shoulder injury.

As the Red Sox attempt to get back above .500 for the first time this season, it will begin with their starting rotation getting back to the consistency of a season ago.

The rotation

Red Sox starters are up and down this season, with only Lester, who struggled Sunday, and Peavy above average.

- **Jon Lester:** 2-4, 3.10 ERA, 43 K, 8 BB, 40 2/3 IP
- **Clay Buchholz:** 1-2, 6.66 ERA, 19 Ks, 6 BB, 25 2/3 IP
- **Jake Peavy:** 1-0, 2.87 ERA, 32 K, 16 BB, 31 1/3 IP
- **John Lackey:** 3-2, 4.22 ERA, 34 K, 7 BB, 32 IP
- **Felix Doubront:** 1-3, 6.00 ERA, 16 K, 11 BB, 24 IP

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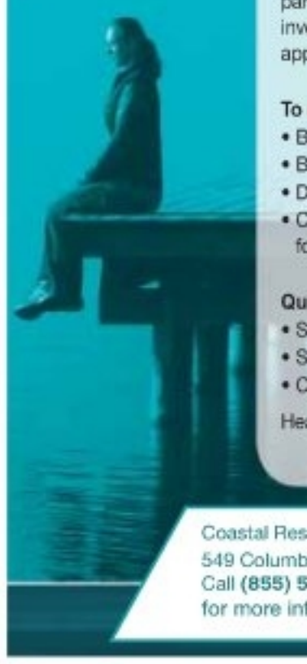
Major Depressive Disorder Research Study



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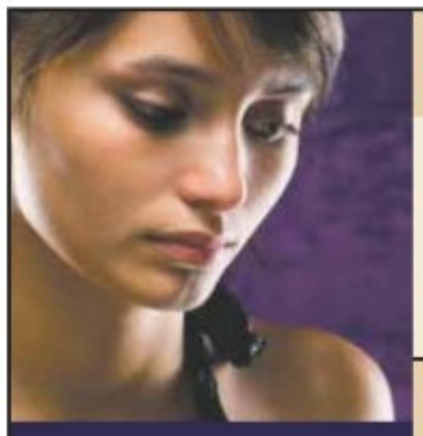

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INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0197EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: James David Horne
Date of Death: 7/16/2011

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Thomas D. Horne, of Independence, MO. Thomas D. Horne, of Independence, MO has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0193EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: Chlotilde Mason
Date of Death: 2/4/2006

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Annette Davis of Minneapolis, MN. Annette Davis of Minneapolis, MN has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No.SU14P0369EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Larry Bruce Johnson**
Date of Death: **2/29/12**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Terri Arenson Bonar of Kansas City, MO. Terri Arenson Bonar of Kansas City, MO has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0646EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Sadie M. Clark**
Date of Death: **11/12/2006**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Charlotte Clark of Morrow, GA. Charlotte Clark of Morrow, GA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0191EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Emma L. Johnson**
Date of Death: **12/30/2004**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Jacqueline Dyer of Indian Head, MD. Jacqueline Dyer of Indian Head, MD has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0419EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Deborah L. Senior**
Date of Death: **11/18/2009**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Nicardo Senior of Jacksonville, FL. Nicardo Senior of Jacksonville, FL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0645EA

Commonwealth of Massachusetts
The Trial Court Probate and Family Court
Estate of: **Wanda Bettis**
Date of Death: **8/22/2008**

Suffolk County Probate and Family Court
24 New Chardon Street
Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Kendyle Cox of Semmes, AL. Kendyle Cox of Semmes, AL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0060EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **David Willis**
Date of Death: **11/16/07**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner David Willis of Leesville, LA. David Willis of Leesville, LA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0371EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Lester Donzelle Williams**
Date of Death: **2/27/2012**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Vilrean Williams of Saint Louis, MO. Vilrean Williams of Saint Louis, MO has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0195EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Gayle Dodson Gilmore**
Date of Death: **12/03/11**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Thomas J. Gilmore, II of Santee, SC. Thomas J. Gilmore, II of Santee, SC has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0190EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Julius Banks**
Date of Death: **9/7/2004**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Gladys Banks of Montgomery, AL. Gladys Banks of Montgomery, AL has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0062EA

Commonwealth of Massachusetts
The Trial Court Probate and Family Court
Estate of: **Atapana F. Mamea**
Date of Death: **9/21/2009**

Suffolk County Probate and Family Court
24 New Chardon Street Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Sorepa Mamea of Auburn, WA. Sorepa Mamea of Auburn, WA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

Legal Notices

Legal Notices

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0602EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Floyd E. Jones, II**
Date of Death: **9/22/2007**

Suffolk County Probate and Family Court
24 New Chardon Street
Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Pamela Jones of Youngstown, OH. Pamela Jones of Youngstown, OH has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0423EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Estate of: **Sylvonnia Evelyn Skeeter-Lee**
Date of Death: **11/29/2010**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Clarence A. Lee, Sr. of Yorktown, VA. Clarence A. Lee, Sr. of Yorktown, VA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0474EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Jose Angel Rodriguez**
Date of Death: **9/6/2011**

Suffolk County Probate and Family Court
24 New Chardon Street Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Linda Rodriguez of Corpus Christi, TX. Linda Rodriguez of Corpus Christi, TX has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0604EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **John Patrick Dauer, Jr.**
Date of Death: **3/11/2006**

Suffolk County Probate and Family Court
24 New Chardon Street
Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Patricia H. Dauer of Tomball, TX. Patricia H. Dauer of Tomball, TX has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

Legal Notices

Legal Notices

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0691EA

Commonwealth of Massachusetts

The Trial Court Probate and Family Court

Estate of: **James Arthur Johnson**

Date of Death: **8/5/2009**

Suffolk County Probate and Family Court
24 New Chardon Street

Boston, MA 02114

(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Mary A. Johnson of Cincinnati, OH. Mary A. Johnson of Cincinnati, OH has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0690EA

Commonwealth of Massachusetts
The Trial Court Probate and Family Court
Estate of: **Larry Daune Wiegand**
Date of Death: **12/30/2013**

Suffolk County Probate and Family Court
24 New Chardon Street Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Eric D. Wiegand of Beaumont, TX. Eric D. Wiegand of Beaumont, TX has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0640EA

Commonwealth of Massachusetts

The Trial Court Probate and Family Court

Estate of: **Richard Lloyd Grant**

Date of Death: **6/23/2009**

Suffolk County Probate and Family Court
24 New Chardon Street

Boston, MA 02114

(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Marium W. Matthews of Hiram, GA. Marium W. Matthews of Hiram, GA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. SU14P0692EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Estate of: **Ola Bell Bishop**
Date of Death: **12/22/2011**

Suffolk County Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all persons interested in the above captioned estate, by Petition of Petitioner Marilyn E. Bishop of Indianapolis, IN. Marilyn E. Bishop of Indianapolis, IN has been informally appointed as the Personal Representative of the estate to serve without surety on the bond. The estate is being administered under informal procedure by the Personal Representative under Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

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Antonio Douthit-Boyd. Photo by Andrew Eccles

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